

## First – Year Career Checklist: Career Self-Assessment

CEAT Career Services: EN 110

Hours: M-F 8:00-5:00 405-744-3858

ceatcs@okstate.edu

<https://ceat.okstate.edu/studentservices/career-services/index.html>

### Academic

- Research majors and minors** in course catalog: <http://registrar.okstate.edu/>
- Meet** with academic advisor
- Meet with faculty** to learn more about your major(s) and/or minor(s)
- Take a variety of courses**; explore your interests
- Find a mentor** in a major you're considering
- Investigate Study Abroad** opportunities: <https://global.okstate.edu/studyabroad/>
- Visit the Mathematics Learning Success Center (MLSC)** to improve mathematical success:  
<https://mlscokstate.com/>
- Visit the Writing Center** to improve writing skills:  
<http://osuwritingcenter.okstate.edu/>

### Activities/Leadership

- Join clubs/organizations:** Hall Government, Relay for Life, SUAB, etc.
- Peruse Campuslife** to find clubs/organizations: <http://campuslife.okstate.edu/>

### Career Development: Self-Assessment

- Create a Hire System account** at [www.hireosugrads.com](http://www.hireosugrads.com)
- Talk with a career consultant**
- Identify your values, interests, skills, and personality preferences (MBTI):**  
<http://www.hireosugrads.com/StudentsAlumni/ExploreCareers-Assessment.aspx>
- Create a rough draft of your resume** and bring it in to CEAT Career Services to have it reviewed
- Join Professional associations** such as AIChE, IIE, and SAE
- Attend CEAT Career Fair**
- Join LinkedIn, Twitter**
- Build career-related experience:** Non-paid internships, Work-Study, summer jobs, community service volunteering, and employment during winter breaks